#145
March 2025

The CRAZY WISDOM Monthly

musician
Kyler Wilkinson
and Ki5

Shining a light in the dark.

MAPPING YOUR SOUL'S ENERGETICS

+

LOCATION BASED
STRATEGIC LIFE PLANNING

INNER STELLAR MAPS

INNERSTELLARMAPS.COM

FOR MORE INFO & TO BOOK
A VIRTUAL SOLO OR DUO SESSION

Castle Remedies

Established 1984

10% Senior Discount on Tuesdays!

Your trusted source for 3rd party tested nutritional supplements, herbs, homeopathic remedies, flower essences and essential oils

Save **$10** on our Intro to Homeopathy class with code **CRAZYWISDOM**

2345 South Huron Pkwy, Ann Arbor • CastleRemedies.com

PEOPLE'S FOOD CO-OP
NATURAL FOODS MARKET & DELI

216 N. Fourth Ave, Ann Arbor • 734-994-9174

$5 OFF

WITH YOUR NEXT PURCHASE OF
$25 OR MORE

COUPON IS GOOD FOR IN-STORE VISIT ONLY

Must present coupon at the time of purchase. No other discounts apply. Gift cards, case purchases, Co-op cash card, beer or wine cannot be used with purchase. Limit one offer per customer, one coupon per transaction.
OFFER EXPIRES 12/31/2024

FINE ART BY CHRIS NORDIN

Metal - Glass - Wood

Custom Works
RESIDENTIAL
HEALTHCARE
CORPORATE
HOSPITALITY

"The Guilt Sucker"

Gallery Hours:
Thur 12 - 4 pm
Fri 12 - 4pm
Sat 10 - 4pm

117 E Ann St Ann Arbor MI 48103
www.chrisnordinstudios.com

By appointment: rita@chrisnordinstudios.com

Honoring All Spiritual Paths & Traditions

Interfaith Center for Spiritual Growth

Be a light unto the world

704 Airport Blvd., Suite 1
Ann Arbor, 48108

Sunday Celebration Services
10:45-12:15

Monthly Concerts, Movies and Drum Circles

Weekly Study Groups,
A Course in Miracles,
Science of Mind, Sufi Gathering
& more

Sunday Service and many classes available via live stream

734.327.0270
interfaithspirit.org

Adult Yoga & Fitness

We embrace all levels of fitness, body shapes, ages, experience and background. We're all about friendly, accessible yoga and fitness classes so everyone feels comfortable exactly as they are.

Build strength, restore flexibility and de-stress body and mind with in-person, online, or hybrid classes via livestream.

aaregcdonline.com
734.994.1300

Ann Arbor Holistic Resource Guide

Find a practitioner of holistic health, bodymind therapy, Buddhism, personal growth, spiritual development, and much more...

If you are a practitioner or business owner, list your business for free in our online guide!

Healing Awaits at AnnArborHolistic.com

Questions? Email annarborholistic@crazywisdom.net

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc. March 1, 2025.

Thanks to our contributors for this issue:

Hilary Nichols
Lynda Gronlund
Michelle McLemore
Laurel Decker Hogge
Katherine Munter
Stuart Benbow
Jennifer Carson
Kaili Brooks
Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Donnybrook

an inordinately wild fight or contentious dispute

Can you find the leprechaun hiding somewhere in the March issue?

Contents

issue #145

06 Musician Kyler Wilkins and Ki5
BY HILARY NICHOLS

08 CW Book Picks

10 Snowflakes and Love
BY KATHERINE MUNTER

11 Community Spotlight!
BY LYNDA GRONLUND

12 The Crazy Wisdom Community Calendar
LOCAL EVENTS, WORKSHOPS, RETREATS, AND MORE!

14 Spring Cleaning—Freedom From Attachments
BY MICHELLE MCLEMORE

20 Finding My Voice
BY LAUREL DECKER HOGGE

24 The Ann Arbor Premier of 17 blocks

25 A conversation with a Pleiadean Healer
BY PEGGY RIVER SINGER

32 A Last Thought

On the Cover

Kyler Wilkins, photography by Hilary Nichols. Read more about this young musician on page 6.

Grab a copy of *The CW Journal* winter issue, before it's gone!

The Crazy Wisdom Community Journal

issue 88

Features

- Barb McConnel, Healing Touch Practitioner
- Herbalist Jim McDonald
- Oracle of Dodona
- Freebirth
- Michigan's Medicinal Herb Supply ...and more!

Have the Journal delivered right to your front step!

Click to Subscribe

Deep Spring Center for Meditation and Spiritual Inquiry

2025 Winter Programs
Livestream via Zoom
Classes | Events with Spirit | Retreats | Workshops
Weekly Silent Meditation
In-Person Retreat–Sept. 12-18, 2025

NEW CLASSES/GUIDED MEDITATIONS ON DEMAND

Join us on our path to living a life of Loving kindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)(3) non-profit. See website for details.

You Can Heal Your Pain

- Psycho-Spiritual Hypnotherapy
- Online or In Person
- Emotional and Spiritual Healing

Sherris Cottier Shank C.Ht.
BirminghamClinicalHypnotherapy.com
248-842-7783

From Our Cover

Kindred Conversations

Musician Kyler Wilkins and Ki5

The first time I experienced Kyler Wilkins' music I was mystified. I had to move toward the front of the audience to witness close-up all of the intricate and elegant sounds being amplified from a simple set up on stage. He was playing the Ann Arbor's SummerFest side stage in June 2022.

Kyler Wilkins is the one-man band known as Ki5, pronounced [kī] (rhymes with pie) five. The wall of sound he creates are all live sounds made with his voice in real time along with claps and snaps that he records and plays back to create the rhythm, melodies, harmonies and vocals overlapping through his Boss RC-505 loop station. The results are a mesmerizing musical experience that is unique each time as Wilkins layers up to 30 tracks of his beat boxing and vocal acrobatics in a free form improv arrangement. What goes into making a whole band with only one voice?

Kyler Wilkins is an enthusiastic, crisp, and inspired conversationalist. His love for his artform was heartwarming as he mused on all the elements that went into crafting his act. "I loved playing viola and guitar in school, but everything clicked when I started singing in the high school choir," Wilkins began.

Wilkins started training on the violin at Rudolf Steiner Elementary School in Ann Arbor and continued at Pioneer High School where he also joined the choir. In college at Michigan State, he joined the a capella group "State of 5ths" and found he could combine his musicality and his voice with beat boxing and vocal instrumentalism. He became co-director running rehearsals and arranging the group's music. "I am so grateful for what I learned early on from studying the violin—the power of harmony. It informed my musicality lifelong. Just putting two simple things together to make something new, watching sound compliment itself," he gushed. "I was training myself to become Ki5, though I didn't know it."

After college he turned to making music alone at home as a therapeutic experience. "I really missed singing with a group." When he discovered technology like loop stations, which can capture multiple parts for artists to craft intricate pieces by themselves, he was sold. "I saw others building their own multi-layered songs. I knew that was exactly what I needed to do."

His offerings are his own, but he doesn't gatekeep. Wilkins is more than willing to share his craft and pass on what he has perfected.

His relationship with the artform was only for himself at first. "I started out in my living room, as a way of balancing out the stress of work, with an hour or two every day." But quickly he started playing for others at open mics, in living rooms, and backyard shows. His act, Ki5 was named in 2016 for his first real gig, playing for a shop opening in Royal Oak. His bookings grew steadily from there as he added regular shows at 734 Brewery, Cultivate in Ypsilanti, and the Beer Grotto in Ann Arbor. Years of solo crafting prepared him to know not only his own voice, but his equipment intricately. "I have a system to organize the sounds, uploading a full set of inputs in each category to be at the ready." There are five different stacks, and each one can have unlimited layers. Vocal drum sounds are stacked, then a lyrical layer is added over an atmospheric layer. A single song has about thirty layers. "I control them in big groups, in my own system to template them out, so I can predict my choice." Wilkins described, "With my Boss RC-5 loop station, I became a one-man acapella group."

On stage Ki5 begins in silence and then starts recording live vocal sound clips like a conductor warming up all the instruments before starting the symphony. The individual sounds are then swirled and harmonized into an original and dynamic new piece. Live improv in front of a crowd seems risky. "It is scary and wonderful," Wilkins admitted. "If something comes out of my mouth I don't like, great. I won›t play that track again," he mused. "When you think about it, there is nothing to be afraid of, because nothing exists to compare it against. The only thing to compare it against is silence, right?"

I had never witnessed anything like what Wilkins creates. There is a sense of being invited into the complex mind of the creator. "The thing that I love about the spot that I am in is I get to do it my own way—Leaning into the idea that I am niche. There aren't a lot of examples of what I do—that is a really beautiful thing. I get to set my own example," Wilkins said. "To explore and push boundaries, and learn from others, and gather sounds from other places not trying to sound like any other traditional group. That is what Ki5 is. I am creating harmony from my own unique voice."

It was exhilarating to get to be witness to such an act of creation. There are no back tracks, no drum machines, no violin. He is not using a harmonizer or even a starting pitch. "Nope. It all lives inside of me," he assured. Like watching a live painter but with my eyes closed, I found myself falling into the musical creation and being carried through the soundscape.

Using this technique has freed Kyler Wilkins to make his work without having to coordinate a group. "This approach fights against the feeling that one person is not enough. I get to use the loop station to play with time and to express simultaneously. Every bass line, every melodic line, to vocal percussion, it is all there." He too seems surprised by the freedom. "With the loop station and Ki5 I get to share it all. I get to express the joy, and the beauty, and the heartache that lives inside me."

The process is more poetry than production. I ask him where the new songs come from. "It›s kind of a mystery even to me. At home I will just be doing improv for myself. I will start singing different lyrics that I didn't know were inside of me. I will speak something, record it, and repeat it. And then wonder, where did that thought come from? I asked myself, "Who would say this?" because there is a story here, but I don't think it is my story." Like a writer of fiction, Wilkins is a conduit for his creations. "I tapped into something real with the feelings. And other people tap into that."

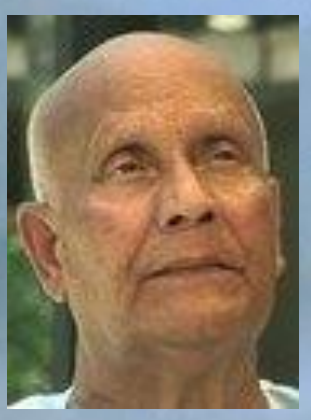
His offerings are his own, but he doesn't gatekeep. Wilkins is more than willing to share his craft and pass on what he has perfected. "I teach live looping. I teach beatboxing. I teach songwriting through the Neutral Zone and on my own."

His classes provide young musicians a way to access their creativity without having to rely on a traditional route of a band or studio commitments. His unique production style and skills can be passed down, but there is more to Wilkins' gifts than technological know-how. With his spirit of kindness and encouragement he is a natural teacher. It is more than a job—what he offers his students is all of his heart. As he was preparing for a collaborative performance piece at Pathways to Success High School, one of his students told him that she was too nervous to go up in front of people. "She was a really good singer. I just told her, 'You literally have everything that you need already. All you have to do is bring that last little piece of yourself that believes in what you do, and you›re going to be just fine." His commitment goes above and beyond the musical craft. "I asked her, ‹Do you trust me?' It wasn't a question if she could sing. That's rarely the concern. "It is just a question of if you can walk yourself up there and show up for yourself."

“The things that I love about the spot that I am in, I get to do it my own way. Leaning into the idea that I am niche. There aren’t a lot of examples of what I do—that is a really beautiful thing. I get to set my own example.”
—Kyler Wilkins

Mastering Meditation

Free Introductory Series



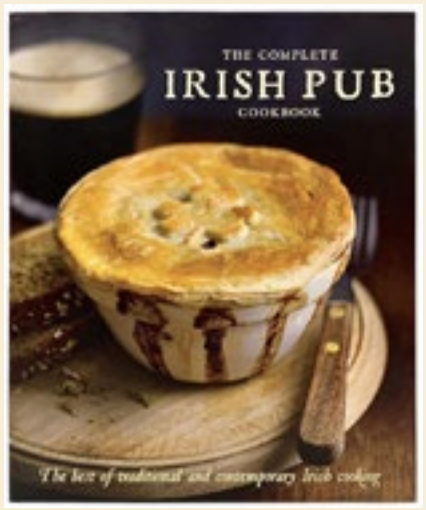
Topics Include:
Concentration, relaxation,
and meditation techniques
Exploring a meditative lifestyle
Self-awareness through meditation

Sundays, March 16, 23, 30 2:00 – 4:00 pm
Crazy Wisdom Bookstore
114 S. Main Street – 2nd Floor
To register: castoldi@oakland.edu
For information: 734-994-7114

“Each life has countless problems.
The silence of meditation
Is the only answer.”
Sri Chinmoy

The program is taught by Dr. Kapila Castoldi who has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 40 years.
It is offered free of charge by the Sri Chinmoy Centre as a community service.

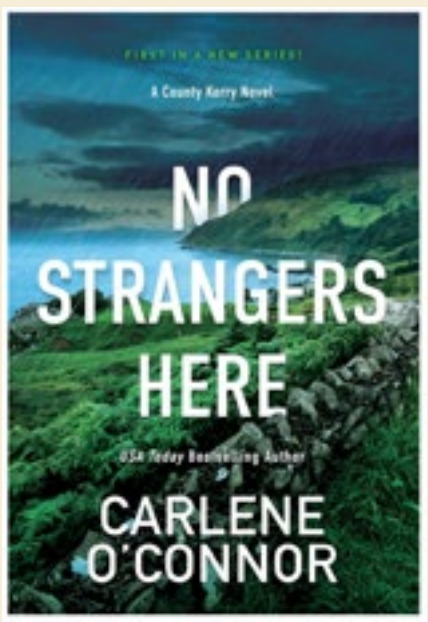
CW Book Picks *of the month*



Pubs in Ireland are the cornerstone of their communities, relaxed places where locals and visitors can experience the best of traditional Irish hospitality.

Many pubs have also become the place to go for a great meal, with a choice of both traditional and contemporary dishes. In recent years Irish cooking has been transformed, with skillful cooks making the most of wonderful fresh local produce to create delicious new dishes and giving a twist to many classics. This tasty cookbook includes the best of both worlds - with best-loved favorites s Irish Stew, Corned Beef and Split Pea and Ham Soup and newer recipes, like Scallop Chowder or Oatmeal and Raspberry Cream to set your taste buds tingling. So just open this book to enjoy the best of traditional and contemporary Irish pub cooking.

Purchase your copy of The Complete Irish Pub Cookbook at shopcrazywisdom.com

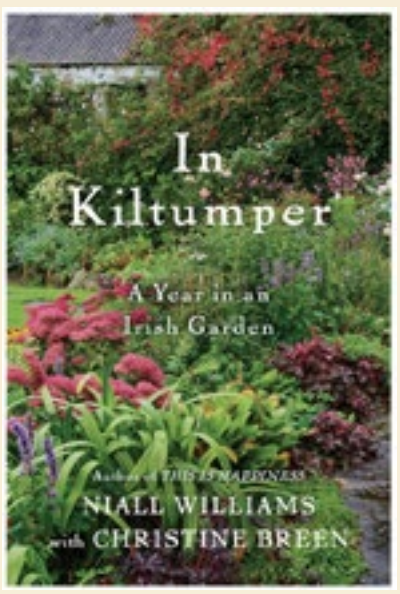


Combining an eerie and atmospheric backdrop with compulsively taut plotting, a twisty mystery unfolds as an Irish veterinarian contends with life, death, and the fatal secrets at the heart of her small oceanside community...

On a rocky beach in the southwest of Ireland, the body of a wealthy racehorse owner Johnny O'Reilly has been discovered. In a town like Dingle, everyone knows a little something about everyone else. But dig a bit deeper, and there's always much more to find. And when Detective Inspector Cormac O'Brien is dispatched out of Killarney to lead the murder inquiry, he's determined to unearth every last buried secret.

Dimpna Wilde hasn't been home in years. But faced with a triple bombshell—her mother is rumored to have been in a relationship with Johnny, her father's dementia is escalating, and her brother is avoiding her calls—Dimpna moves back to Dingle to clear her family of suspicion. And as she takes over the family practice, she finds herself in a race with the detective inspector to uncover the dark, twisting truth behind murder, no matter how close to home it strikes...

Purchase your copy of *No Strangers Here* at shopcrazywisdom.com



From the authors of This Is Happiness and Her Name Is Rose, a memoir of life in rural Ireland and a meditation on the power, beauty, and importance of the natural world.

35 years ago, when they were in their twenties, Niall Williams and Christine Breen made the impulsive decision to leave their lives in New York City and move to Christine's ancestral home in the town of Kiltumper in rural Ireland. In the decades that followed, the pair dedicated themselves to writing, gardening, and living a life that followed the rhythms of the earth.

In 2019, with Christine in the final stages of recovery from cancer and the land itself threatened by the arrival of turbines just one farm over, Niall and Christine decided to document a year of living in their garden and in their small corner of a rapidly changing world. Proceeding month-by-month through the year, and with beautiful seasonal illustrations, this is the story of a garden in all its many splendors and a couple who have made their life observing its wonders.

Purchase your copy of In Kiltumper: A Year in an Irish Garden at shopcrazywisdom.com

Resources for Conscious Living

New to Michigan...

Organic Intelligence

A gentle, mind-body coaching method to support:

Cultivating equanimity, connection, and purpose
Expanding presence and bandwidth
Post-trauma growth

Reach out for a free consultation!

Heather Glidden
Organic Intelligence®
Certified Coach
constellationbody.com

Robin Lily Goldberg
Organic Intelligence®
Certified Coach
aurily.com

Karuna Buddhist Center

LOCATED IN DOWNTOWN ANN ARBOR

Led by Khenpo Tshering Chophel, Karuna Buddhist Center offers a blend of traditional Buddhist principles with a contemporary Western psychological mindset. Members are encouraged to set goals for their own spiritual path, whether they prefer a traditional or secular approach.

UPCOMING RETREATS AND PROGRAMS

- THE POWER OF MOTIVATION
  PUBLIC TALK, JANUARY 18, NOON
- BUILDING RESILIENCE THROUGH MEDITATION
  RETREAT AT TRIPLE CRANE, APRIL 18-20
- MEDITATION ON COMPASSION
  SATURDAYS, 10:30-11:30, ATTEND ANYTIME

karunabuddhistcenter.org

RONORA

Lodge and Retreat Center

Watervliet, Michigan · 400 acres
·100 miles from Chicago ·160 miles from Detroit

269-463-6315
www.RonoraLodge.com

Rob Meyer-Kukan, LMT

Bodywork: sound therapy, massage, reiki, reflexology, color therapy, & natural health consultations

7 Notes Natural Health

7notesnaturalhealth. com
248-962-5475 contact@7notesnaturalhealth.com
3830 Packard Road Suite 120 Ann Arbor, Michigan 48108

CHÉRIE ANN McMULLEN

Holistic Health Practitioner

Nutritional Consultations
Vitamins/Herbs/Homeopathy

734-355-5369
2223Cherieann@gmail.com

Ginger Chase LMT

Collaborative Therapeutic Massage

Ann Arbor, MI

GingerChaseMassages.com
Call/Text: 734.660.5748 Chase.Ginger@Gmail.com

Welcome to Yuliya's Naturals

ALWAYS PURE! ALWAYS NATURAL!

Herbal Apothecary Store

Herbal tinctures, holistic teas, handcrafted lotion candles, and more unique herbal & ayurvedic blends and collections.

www.yuliyasnaturals.com
734-624-9494

Snowflakes & Love

By Katherine Munter

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand—and melting like a snowflake.” –Francis Bacon

Clouds drifted past a crisp crescent moon, gently releasing snowflakes, which danced and wafted before touching our skin and fading away. Fingers of wind reached under the collar of my coat, and my body began to shiver. Noticing my discomfort, my friend leaned in and whispered, “Slow your breath, relax your body, and you won’t feel as cold.”

I was amazed to learn I could control my shivering—that when a chill crept into my muscles, I could relax into it. While experimenting with this new skill, we sat and pondered life, tracing the paths of falling snowflakes and wondering where our own paths would take us once we left our childhood homes. We knew life would soon pull us in different directions, and we chose to bask in the remaining moments we had together.

Some lessons we learn immediately, and others unfold gently over time. Last night, I stood in the crisp night air, closed my eyes, and immersed in the peaceful quiet of a winter night. My friend’s words danced across three decades, finding their way back to my skin, melting away my tension and warming my heart.

When water molecules slow down enough to hold onto one another and form tight bonds, they solidify. For the past week, I’ve been making ice forts with my daughters, filling pans with water and letting them freeze overnight. Sometimes, the ice is clear, and other nights, it freezes into geometric patterns and cracks as it tumbles out of the pans. When snow falls overnight, it insulates the water, and we find slush. Our little project has taught us perseverance and letting go.

As snowflakes gently fell, a crisp crescent moon above us, my daughters and I carried buckets of water and filled our pans. We noticed the intricate designs of the flakes and sat watching as they melted away. I watched their eyes sparkle as they caught flakes on their tongues, their breath forming tiny clouds. I wondered where their own paths will take them, once they are ready to venture away from our home. I wanted to linger in that moment, but time is as easily held as snow crystals.

There are many things I cannot control. I don’t know how long I have with anyone, and with that realization comes icy fear. Slowing my breath, I lean into my fear, and it loses its grip on me. I can choose to relax into moments and love more deeply in the time I know I have, which is the present. When all else fades away, and my mind is quiet, all that remains is love.

Days fill and pass quickly. What would you like to do in this precious moment?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. www.CreativeLifeTherapy.com.

By Lynda Gronlund

Ann Arbor resident Melanie Wick Singer published her first book in February of 2025 through Harper Collins.

Martina's Muy Bad Day is a children's picture book for ages four through eight. Singer is a speech and language pathologist who works with both children and the elderly. She has always loved writing and recently took some classes about writing for children. She wanted to help bridge the gap between children and the elderly so she included elderly people in the book. It is dual language and celebrates bilingual families like her own. Singer's mother is from Colombia, and while Singer does not consider herself bilingual, she said she knows enough Spanish to get by. She said that she wished more books had multiple languages when she was growing up to make it easier for children to learn more than one language.

In the book, Martina has the worst of days and tells her grandmother all about it. Abuela has some ideas for Martina to deal with her feelings, but she doesn't find any of them very helpful. So, she comes up with her own way of coping involving music, balloons, dancing, and celebrating to release the pain of her bad day. Singer said, "sometimes we do the things we know we 'should' do... Meditation, deep breathing, journaling. But if we look inward and listen to our bodies and hearts, sometimes healing comes from unexpected places."

Singer has read the book to her own eight-year-old daughter who was six at the time it was written. It was based on some of the tough times they had during the Covid19 lockdown and some very unexpected setbacks they experienced. They would have "very bad day parties" with balloons and banners, and they Facetimed with Singer's parents. Together, they learned to cope through some really hard things, and this was something Singer wanted to share with other children.

The book is already available as an audiobook and an ebook; the print edition is on pre-order and will be released in February. Harper Collins picked it up as part of a two-book deal, so there will be another book coming out in late 2025 or early 2026. Singer is in the process of submitting other manuscripts as well. There will be a launch party on February 4 with all details to be announced on her website.

Melanie Wick Singer's website is wickmelanie.wixsite.com/website, and she can be reached via email at :wickmelanie@hotmail.com.

Resources for Conscious Living

Stephen L. Rassi, PhD, LMSW, MA
Clinical Social Worker
CBT for Anxiety; TIR for PTSD and Trauma Concerns
Skills for Increased Focus and Concentration
Counseling for Trans* and Gender-Diverse Clients
mercury@umich.edu • 734.945.9100
Chrysalis Facilitation
and
Counseling Services, LLC

Calendar edited by Kaili Brooks

Book Discussion Groups

Dine and Discuss *The Sing Sing Files: One Journalist, Six Innocent Men and a 20-Year Struggle to Free Them*, by Dan Slepian with Janet Doyle • Wednesday, March 26 • 5 to 7:00 p.m. • In 2002, Dan Slepian, a veteran producer for NBC's Dateline, received a tip from a Bronx homicide detective that two men were serving twenty-five years to life in prison for a 1990 murder they did not commit. This led Slepian to twenty years of investigating claims of innocence and to the unveiling of a flawed justice system. Books available at the Weber Desk beginning January 13. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, March 2, 16, April 6 & 20 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information contact Jackie at jackie@thisbreath.com or visit thisbreath.com.

Breathwork: Breathing Life into your Yoga Practice with Joseph Leary • Saturday, March 8 • 1:30 to 2:30 p.m. • Connecting breath to yoga is part of the practice and provides increased stamina, both physically and mentally. We go over breathing techniques, cues, and mindfulness through various poses, movements, and meditations. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Belong! Explore! Become!
Find Your Way at The Institute!
Explore all the available programs of study and apply online at:
naturopathicinstitute.org
NITE
NATUROPATHIC INSTITUTE
OF THERAPIES & EDUCATION
Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.
(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org
Over 25 Years of Experience
Licensed and Accredited

Mindful Explorations at Crazy Wisdom: Jackie Miller on Breathwork • Thursday, March 20 • 7 to 8:30 p.m. • Activated breathwork is a form of time travel for deep emotional work. Come explore what makes conscious connected breathing such a powerful practice for growth on all levels. Bring your questions and curiosity! FREE. For more information visit thisbreath.com or email events@crazywisddom.net.

Buddhism

Sunday Morning Meditation Sitting hosted by Still Mountain Buddhist Meditation Center • Ongoing Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Ken at (734) 678-0264 or email kenwmorley@yahoo.com.

Miracle of Mindfulness, a Peer-Led Group • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master, Thich Nhat Hanh. FREE, donations welcome. For more information contact the Huron River Mindfulness Community at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, February 4, 11, 25, March 4, 11, 18, 25, April 1, 8, 15, 22 & 29 • 7 to 8:30 p.m. • Practical Buddhism offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Chanting for World Peace with Ordained Dharma Teachers • Monday, February 3 through Saturday, February 8 • 6:30 to 7:30 p.m. • A week-long kido chanting and purification service for repentance, peace in the world, and happiness for all beings. Open to all. Donation-based. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Parinirvana Service with Ordained Dharma Teachers • Sunday, March 16 • 10 to 11:30 a.m. • A special service to celebrate the Buddha's passing into Parinirvana. Donations welcome. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner and Lopamudra Bose • Friday, March 6 through Sunday, March 9 • This weekend we honor the upcoming mahasamadhi commemorations of both Paramahansa Yogananda and Swami Sri Yukteswar. Special services include chanting and meditation, a recording of Yogananda's voice, a traditional Indian 'Arti', hatha yoga, Guru Gita scripture reading and more, along with delicious meals and personal time. $150. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Vernal Equinox Celebration with the Michigan Friends Center • Thursday, March 20 • 5:30 to 9:00 p.m. • We will celebrate the balance of light and dark and the birth of spring with a potluck and fire circle. Bring a dish to share and your own place setting.
For the circle bring a verse, a story, a song, seasonal lore, or a readiness to partake in what others have brought. What is this season saying to you? FREE, donations welcome. For more information contact the Michigan Friends Center at (734) 475-1892 or email manager@mfcenter.org.

Dances of Universal Peace, Spring Equinox with Susan Slack • Saturday, March 22 • 7 to 8:30 p.m. • Dances of Universal Peace are interactive chanting while moving in a simple folk-dance circle taught by certified leaders to live music. No experience is required—we"ll patiently demonstrate songs from the world's spiritual traditions that point to peace, love, and joy, especially in this time of new life. Come solo or bring a friend or three. $10 suggested. For more information visit slacksusan.wixsite.com

Spring Equinox with Esther Kennedy • Sunday, March 23 • 3:30 to 4:30 p.m. • Come and welcome the return of spring with story, song, and gratitude. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

for little ones with BIG imaginations...
welcome to
Fox Hollow
"This is such a captivating children's book. My kiddos absolutely love it! It is beautifully written with engaging vocabulary and stunning illustrations."
"The vocabulary in this book is impressive. Advanced words are seamlessly integrated into the narrative, enhancing the reading experience for young readers without being too complicated."
"Each page is filled with beautiful colors and details that bring the characters and their world to life. My children were captivated by the artwork and often paused to examine it closely."
"This book is definitely a must-have for any young reader's bookshelf."
Fox Hollow Tales
Wojer & The Wizard of the Wood
Fox Hollow Tales
Pearl & The Harvest Scare
furandfeatherfriends.com

Spring Cleaning– Freedom from Attachments

By Michelle McLemore

There is all manner of things people form attachments to: phones, people, food, photos, trinkets, even furniture. I think I was almost thirty before I opened up a box from childhood and finally threw away the last 4"X6" shrapnel of my childhood blanket and notes from elementary school. The earliest was one of those "Do you like me? Check the box" types of notes. I even still had a blue and white polka dot suitcase filled with artwork I'd drawn in elementary school. At lunchtime I would charge 25 cents for a portrait or 50 cents for a personalized greeting card picture and verse.

My mother was a thing-saver. Items I thought I had thrown out while living there had made their way out of the trashcan and back into my art portfolio… and I'll admit, I was glad to see them one more time. Still, it was time they went. I burned or threw out what felt like a lot that day. However, if you were to visit my office, you'd still see two or three matchbox cars that were stocking stuffers from childhood, one shelf of my favorite childhood books, and a porcelain music box of Victorian dancers, albeit one arm is broken off. (It had been my pick for BINGO at my Grandmother Mruk's annual Christmas Eve family party.)
I discovered that the mind, and heart, each hold sway on attachments and they aren't necessarily in agreement all the time. Did I really need to hold on to one letter, or note, from each prior boyfriend to help me remember their voice or personality? They went.

My mother was a thing-saver. Items I thought I had thrown out while living there had made their way out of the trashcan and back into my art portfolio...

Without planning to, I began doing a history "cleanse" every ten years.
At 40, it was the clothes. I reviewed my favorites from when I was one, two, or three sizes smaller than I am now. And prom dresses. I had argued with myself for years on whether or not I could ever get back into those sizes again or if there'd be a costume need for them. I finally decided to bequeath my civil war, big hooped blue satin with white ruffles prom dress to the granddaughters' dress up trunk. Others I donated to Salvation Army and other second-hand stores. I hated to see them go, but some things don't stay in style—nor should they. (I still remember trying to sit down in my boyfriend's car and the fish bone hoop underskirt flipped that prom dress right up to my forehead.)

Before turning 50, I had lost my father, my brother, an uncle, and my mum. Cleaning out a farmhouse and barns in which the parents had lived for nearly 50 years, made me rethink the 10-year purge pattern. My sisters and I looked through the numerous shoeboxes of photos—many blurry beyond recognition, the cupboards of tablecloths though Mom only generally used about three, and the drawers of unused greeting cards so she could send the perfect card for each occasion and recipient. The barns were filled with old, rusting implements—pitchforks, gas cans, zillions of windows for potential greenhouse projects, old bottles and insulators, and so on. It was in the midst of the heat and sweat one day sorting twenty-year-old magazines that a sister and I decided we needed to be more diligent in our own housecleaning now so no one would have to do this after we were gone.

Before turning 50, I had lost my father, my brother, an uncle, and my mum. Cleaning out a farmhouse and barns in which the parents had lived for nearly 50 years, made me rethink the 10-year purge pattern.

To some people, spring cleaning has to do with washing windows, dusting, beating area rugs, and chasing out cobwebs in the corners that missed our attention during the dark, cold months. Truly, that is important to release stagnant energy that has collected. And yet, it is also an excellent time to dedicate an hour each week to work through our personal history collections. Sort the old photos and pitch those that are faded, blurry, or too general. Label ones of family and scan or upload to ancestry sites before you forget who is who.

Conversations about beloved items in no way beckons death to come quicker.

Ask your kids, grandkids, relatives, and friends if they would like anything in the house. (Reassure them you are not currently on a countdown.) Put their name on the back and tape it down well if you aren't ready to disperse it just yet. Conversations about beloved items in no way beckons death to come quicker. Look through those seasonal decorations. If you haven't used something in the last three to five years, is it time to let someone else use it? And how many flower vases do you really use?

Are there objects or furniture that remind you of someone and you think they might like it? Why wait to leave it in a will when they could begin to enjoy it now?

The more you can donate, renovate, bequeath, or gift, the lighter your space and heart will begin to feel. As you hold and contemplate each piece, consider thanking it for holding whatever memory and emotion you attached to it. If you decide it is time to let the object go, set your intention to value the experience it represents and consciously withdraw your energy impression from it so it may have a fresh start with the new owner. Smudge the objects you are giving up as well as the house after each purge.

The more you can donate, renovate, bequeath, or gift, the lighter your space and heart will begin to feel.

We form attachments to maintain a connection to something or someone we are afraid to lose. Yet, we know, everything here is temporary. Physical life is fleeting. Aphorism 1.15 of the Yoga Sutras explains peace comes from non-attachment (vairagya). Life is ours to enjoy, but not to be attached to the point of sorrow when an experience is gone. We can love, help, and appreciate items and situations while understanding future outcomes and events may differ from what we'd expect or prefer. We know there is an end to all that is physical and must trust that all will work out in the end. Might we forget one or two things that had brought us joy, or peace, or hope? Possibly. But when granted another breath, or day, or week, in each is the potential to make more positive memories—and I hope you do.

Resources for Conscious Living

Ellen Craine

JD, LMSW-Clinical & Macro,ACSW, INHC

Social Work Ethics Consultant, Grief Expert, and Trainer

#l International Best Selling Author
ellen@crainecounselingcom • (248) 539-3850

Heart to Heart
Shamanic Healing
Animal Communication
Judy Liu Ramsey

Certified Animal Chaplain, Interspecies Counselor, Shamanic Practitioner

for information or appointment, contact: info@judyramsey.net
Website https://JudyRamsey.net

*Shamanic healing for people & animals
*Support for life changes, loss & grief
*Support for healing trauma & PTSD
*Classes in shamanic practice & animal communication
*Ceremony for clearing, healing, bonding

BODHI BODY

Certified Advanced
Rolfing® Erik Emanuel Fenz
(734) 623 - 0028

erikfenz@gmailcom
BODHIBODY.com

Transitions LLC

Helping you successfully navigate the changes you encounter as you go through life.

Specializing in:
Abuse and trauma issues
Adjustments to changes in health
Anticipatory and ongoing grief work

Linda S. Bender, ACSW, LMSW
734.395.2285 LindaBenderTransitions@gmail.com
4488 Jackson Road #4, Ann Arbor, MI 48103
LindaBenderTransitions.com

RoosRoast Coffee

Try the famous RoosRoast breakfast burritos!

come visit Ann Arbor's Hardest to Find Cafe!

downtown cafe
117 E. Liberty
Ann Arbor

roasting hq & cafe
1155 Rosewood
Ann Arbor

webstore
roosroast.com

Michelle Samuel, LLP, ACSW
Certified Sex Therapist, Hypnotherapist

Psychotherapist

(734) 926-9169
Ann Arbor 48103
mchll.samuel@gmail.com
https://www.effectivepsychotherapy.net

this breath

ADVANCED BREATHWORK

Jackie Miller
Certified Breathwork Facilitator

thisbreath.com
734-883-7130 / jackie@thisbreath.com
Ann Arbor & Ypsilanti, Michigan

THE CRAZY WISDOM CALENDAR

Channeling

Evenings with Aaron & Barbara Brodsky • Wednesday, February 26, March 26 & April 23 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $40-$120-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness: Darshan with The Mother & Barbara Brodsky • Friday, March 21 & May 16 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky, offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $30-$90-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Death and Dying

Death Café with Rev. Annie Kopko & Susan Thompson • Tuesday, March 4 & April 1• 6:30 to 8:00 p.m. • A discussion group, rather than a grief-support group or a counseling session, with no agenda, objectives, or themes. Hosted on ZOOM. FREE, donations accepted. For more information visit Interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, March 15, April 19, May 17 • 11 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Wednesday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. $265, includes online learning modules. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Drumming

Drummunity Circle with Lori Fithian • Saturday, March 15 & April 19 • 7 to 8:30 p.m. • Come join us for drumming, singing, and maybe even dancing. All ages welcome, drums provided or bring your own. This is a family-friendly event with a focus on fun rhythm games and community-building activities. No experience expected! FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

14th Annual Drum & Dance Jam with Curtis Glatter • Saturday, April 5 & May 3 • 7:30 p.m. • Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! Bring a drum or use one provided. No experience necessary. $5 Donation Requested. For more information contact the Interfaith Center at (734) 972-6098 or visit interfaithspirit.org.

Energy and Healing

Wild Goose Chi Kung with Master Wasentha Young • Tuesday, March 4, 11, 18, 25, 3, April 1 & 8 from 6 to 7:00 p.m. OR Thursday, January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3 & 10 from 10 to 11:00 a.m. • The Wild Goose Form, a series of continuous movements that includes the use of imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Tuesday classes are hybrid and Thursday class are in-person. $215. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, March 27 & April 24 • 7:30 to 9:30 • Ascend body, emotion, mind, and soul into unity with Higher Self. Build your new world "muscles" as you learn to co-create your life and health through your new unity. Work in unconditional love for the greater good with Eve Wilson, Master Healer/World Ascension Worker to help the world to heal and ascend. Meet every four Thursdays by teleconference. $300 or $50 each for the full series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Essential Oils

Experience Essential Oils with Yulia Koval • Sunday, April 27 • 4 to 6:30 p.m. • Are you curious about the mysterious world of essential oils? Let's explore these precious plant treasures together in an intimate, hands-on experience where every scent tells a story. Discover: the fascinating history of aromatherapy across cultures, how essential oils are mindfully sourced and extracted, the properties of different oils, the science behind scent and emotional well-being, the art of blending for purpose and pleasure, and practical ways to incorporate oils into daily life. $45. For more information visit yuliasnaturals.com.

Exercise and Fitness

Franklin Method® Fridays with Suzanne Willets Brooks • Ongoing Fridays • 1 to 2:00 p.m. • This evidence-based class will vary in topics from pelvic floor, spinal movement, shoulder girdle, knees, feet, and balancing. A true body-mind experience, we will explore bone rhythms, muscle, fascia, organs, and our nervous system. Come ready to move, learn and explore and see how your mind can change your body. $40 drop in $35 for members. For more information contact Move Wellness at (734) 224-2560.

Self-Care Sunday for Women with Verapose Yoga & Meditation House, HIIT Happy & Pulse Nutrition • Sunday, March 2 & April 6 • 9 to 10:30 a.m. OR 11 to 12:30 p.m. • We are collaborating for a super fun event, and we'd love for you to be a part of it! The day contains a 30-minute Interval Workout, 30-minute gentle Yin Yoga with a Guided Meditation, and 30-minute nutrition education with a Protein shake. Time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Divine Inspiration At Work with Susan McGraw

Let ***Divine Inspiration*** be the guide for ***Your Next Chapter*** and make smooth transitions in your personal life, career, or business.

Susan McGraw
Psychic Medium
Career & Business Strategist

Psychic Readings
Career & Business Strategy Sessions
Live Virtual Workshops via Zoom

Get more information and book a phone session:
DivineInspirationAtWork.com

"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah

SHAMAN TOM

- Shamanic:
  - Healing for People and Animals
  - Animal Communication
  - Energy Clearing of Places, Buildings, Businesses, etc.
- Compassion De-possession (Entity Removal)
- Curse Unraveling
- Reiki for People and Animals

734.945.0914 • tom@shamantom.com • shamantom.com

Move With Us: Traeger Mentastics with Paola Bardell • Thursday, March 6, April 4 & May 1 • 10 to 10:45 a.m. • This gentle form of movement is low key and focused on helping the nervous system to release restrictive patterns. Wear comfy clothing for movement. Paola will also share with you about the table sessions that she offers. $12. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

MOVE Well in Midlife Program with Elaine Economou • Monday April 21, 24, 28, May 1, 5, 8, 12, 15, 19 & 22 • 5:30 p.m. A six-week movement program tailored for women moving through the menopause transition. Build a safe, targeted, and effective strength routine alongside peers in a supportive environment. We've planned everything to help you navigate this transition with confidence. $594. For more information contact office@movewellness.com.

Liberate Your Shoulders, Arms & Hands with Suzanne Willets Brooks & Recentered Pilates • Saturday, March 15 • 1 to 4:00 p.m. • In this evidence-based Franklin Method® workshop, we will explore the anatomy of the shoulder girdle, arms, and hands. We will embody our bones, muscle, and fascia through imagery, movement, proprioception, and touch. We express, push, pull, hang, and create with our arms. Learn how to keep this powerful part of our body moving with efficiency. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Balance and the Vestibular System with Suzanne Willets Brooks • Saturday, April 12 • 1 to 4:00 p.m. • In this evidence-based Franklin Method workshop, we will explore balance and its connection to your ears, eyes, and nervous system. Balance depends on proprioception and our other senses. We will use movement, touch, exercise balls, and resistance bands to help clarify our senses, create better bone rhythms, and muscular connections. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with Amy Garber • Ongoing First and Third Weekends • Saturday from Noon to 6: 00 p.m., Sunday from Noon to 5:00 p.m. • Join us for a fun-filled day! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof. Events include intuitive tarot and oracle card readings, psychic reading, mediums, energy healers, and spirit art. Saturday $5 and Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, March 14, and April 11 • 7 to 9:15 p.m. FREE, concessions available. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

- **March:** *Take Shelter,* 2012. Plagued by a series of apocalyptic visions, a young husband and father questions whether to shelter his family from a coming storm or from himself. FREE, concessions available.

- **April:** *Melancholia,* 2012. Despite all best efforts, a marriage celebration becomes a fiasco with family tensions mounting and relationships fraying. Meanwhile, a planet is heading directly at earth, threatening the very existence of humankind.

Healing

Client Appreciation Day & 10th Anniversary Open House Celebration with Rob Meyer Kukan and Notes Natural Health • Saturday, April 26 • 2 to 5:00 p.m. • You are invited to a spring Open House to celebrate 7 Notes! Are you a current client? Are you a new client? Are you curious and hope to be a client? This day is for you! Come, check out our offerings, learn about what 7 Notes Natural Health is all about, and celebrate our tenth anniversary! FREE. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, March 2 & April 6 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability. You will also gain a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, March 4 & April 1 • 7:00 p.m. • For Women Only; meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Resources for Conscious Living

Dr. Kong Acupuncture and Fertility Center

Sleep Better. Reduce Stress. Eliminate Pain.

4343 Concourse Drive, Suite #100, Ann Arbor

734.358.3379

acupuncture-annarbor.com

2350 Washtenaw Ave. Suite 10 Ann Arbor, MI

动穴

(734) 215-5151 henry@dynamicpoints.com

Dynamic Points Acupuncture

Henry A. Buchtel, L.Ac.

www.dynamicpoints.com

調和 Emanuele Acupuncture Center

Rosanne Emanuele
734-302-7300

2350 Washtenaw, Suite 10
Ann Arbor, MI 48104
Emanueleacupuncture.com

Denise Held, RN

CERTIFIED RELEXOLOGIST ▪ REFLEXOLO-CHI™

Therapeutic Foot Massage

Natural Healing Center
2002 Hogback Rd. Suite 14
Ann Arbor, MI 48105
734-649-2891 (C)

denisebheld@gmail.com
www.a2reflexology.com

www.facebook.com/A2Reflexology

THE CRAZY WISDOM CALENDAR

Spring Intensive Webinar & Teleconference with John Friedlander • Thursday, April 10 & Friday April 11 from 7 to 9:00 p.m., Saturday, April 12 & Sunday, April 13 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques, seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set or by permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

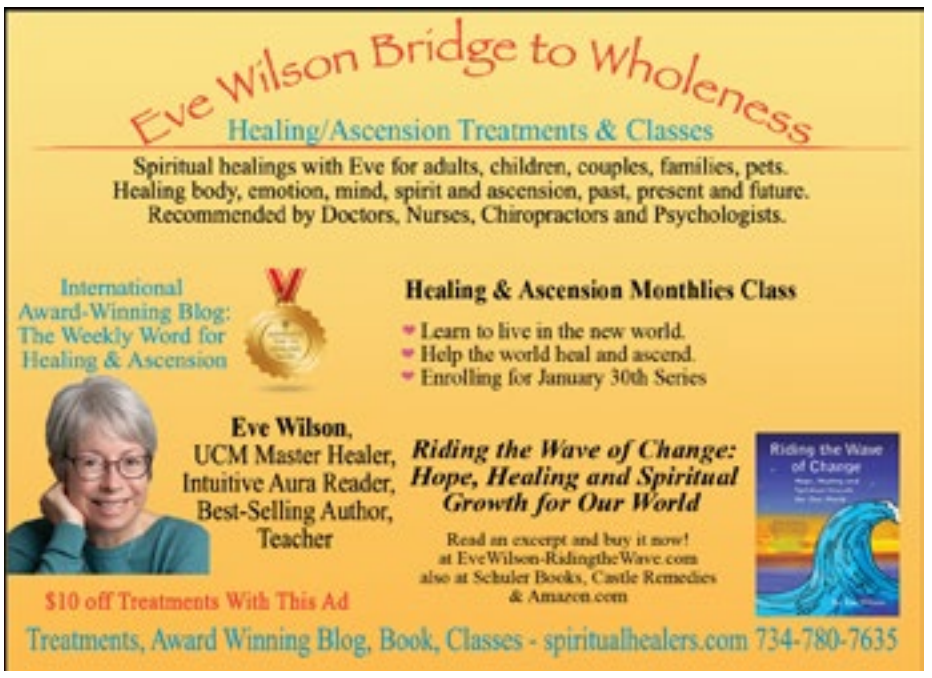
Massage

Mindful Explorations at Crazy Wisdom: Denise Held on Reflexology • Thursday, March 27 • 7 to 8:30 p.m. • Denise Held, RN and foot reflexologist, will introduce the fundamentals of foot reflexology and discuss its potential health benefits. She will explain Reflexolo-chi™, the unique technique she practices, and offer a sample hands-on session for those interested. For more information contact Denise at denisebheld@gmail.com or email events@crazywisdom.net.

TMJ Massage Demonstration with Patti Steven • Friday, April 4 & May 2 • 10 to 10:30 a.m. • Patti Stephen, LMT and long-term dental professional, will offer two demos for guests and students to observe on resolving and approaching TMJ tension. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Meditation

Guided Meditation for Healing & Growth with Mara Evenstar • Ongoing Thursdays • 6:30 to 7:30 p.m. • Feel more grounded, centered, and embodied while expanding your consciousness and disciplining your mind. These meditations will also support your ability to stabilize and maintain access to your sense of well-being and resilience. Great for beginners or as a complementary experience to more advanced practitioners of other disciplines. Donation based. For more information contact Mara at Mara@evenstarschalice.com or visit evenstarschalice.com.


Eve Wilson Bridge to Wholeness
Healing/Ascension Treatments & Classes
Spiritual healings with Eve for adults, children, couples, families, pets.
Healing body, emotion, mind, spirit and ascension, past, present and future.
Recommended by Doctors, Nurses, Chiropractors and Psychologists.
International Award-Winning Blog: The Weekly Word for Healing & Ascension
Healing & Ascension Monthlies Class
Learn to live in the new world.
Help the world heal and ascend.
Enrolling for January 30th Series
Eve Wilson,
UCM Master Healer,
Intuitive Aura Reader,
Best-Selling Author,
Teacher
Riding the Wave of Change: Hope, Healing and Spiritual Growth for Our World
Read an excerpt and buy it now!
at EveWilson-RidingtheWave.com
also at Schuler Books, Castle Remedies & Amazon.com
$10 off Treatments With This Ad
Treatments, Award Winning Blog, Book, Classes - spiritualhealers.com 734-780-7635

EST. 2007
JESSICA'S APOTHECARY
Nurturing Beauty
We offer the luxury of a day spa paired with the expertise of a botanical skin care specialist.
Our customized facials, massage, body treatments, waxing, skin consultations, and online shop feature plant-based products that combine ancient herbal knowledge with modern skin care science.
920 N. Main Street
734.604.5971
jessicasapothecary.com

Meditation on Compassion with Khenpo Tshering Chophel • Saturday, March 1, 8, 15, 22, April 5, 12 & 26 • 10:30 to 11:30 a.m. • Meditating on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, March 3, 10, 17, April 7, 14, 21 & 28 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

GOM Day of Meditation with Jewel Heart Instructors • Tuesday, March 22 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. Free. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

A Day of Mindfulness Meditation with Sister Esther Kennedy • Saturday, March 1 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35, lunch included. For more information, contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Mastering Meditation with Kapila Castoldi • Sunday, March 16, 23 & 30 • 2 to 4:00 p.m. • Introductory Meditation Series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart chakra; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Nature's Harmony/Earth Day Sound Bath with Rob Meyer Kukan • Friday, April 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a nature's harmony and earth day sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Tuesday, March 4, and Wednesday, April 2 • 6:30 to 7:30 p.m. • Bring your voices and/or any acoustic instrument to sing and play—just for fun! Choose from 300+ songs spanning genres, from ABBA to Seeger. We project lyrics & chords up on the screen so you can sing and/or play along: All instruments, voices and ages welcome! FREE. For more information contact Lori and Jean at (734) 678-6148 or email folksongjamalong@gmail.com.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, March 8 & April 12 • 7 to 9:00 p.m. • Live music in a smoke and alcohol-free venue, in person or livestream on Zoom. John Churchill and Peter Madcat Ruth (January 11), Sari Brown (February 8), Emily Slomovits and Friends, a tribute to Joni Mitchell (March 8), Kath Weider (April 12). $10. For more information visit interfaithspirit.org.

Community Sing and Sunday Service with Melanie DeMore • Sunday, March 16 •3:00 p.m. • Melanie DeMore brings her unique artistry and powerful voice to Ann Arbor for a day of inspiration and community connection. She will lead a community sing from 3–5 p.m. and will also be the guest artist at a 10:30 a.m. church service. FREE. Donations welcome. For more information, visit https://thresholdchoirofannarbor.org, Call 734-623-8255 or email DeMoreMarch2025@ThresholdofAnnArbor.org.

Resonant Relaxation: Daytime Sound Bath with Rob Meyer- Kukan • Wednesday, March 19 from 10 to 11:00 a.m. AND/OR Thursday, February 20, & April 17 from 1 to 2:00 p.m. • Are you a busy parent who loves sound baths but can't attend an event in the evening? Do you have a job that requires evening hours? Are you just plain busy? This hour-long sound bath is for you! $30. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Community Sound Bath with Rob Meyer-Kukan • Friday, April 4 • 7 to 8:30 p.m. Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Celebrate the Earth with the special Earth Day theme in April! $40. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Sound Bath Lessons Kick Off Event with Rob Meyer-Kukan • Friday, March 7 • 7 to 8:30 p.m. • Prepare your heart and mind for the arrival of spring! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Dreamscape Sound Bath with Rob Meyer Kukan • Friday, March 14 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a dreamscape-themed sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Pagan Spirituality

Witches Night out with Moira Payne • Wednesday, February 12, March 12, April 9 & May 14 • 6 to 8:00 p.m. • Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs at Crazy Wisdom. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

ConVocation 2025 with Christopher Penczak, Benebell Wen, Mat Auryn, Devin Hunter, Priestess Stephanie Rose Bird, and more • Thursday, February 20 at 5:00 p.m. through Sunday, February 23 at 4:00 p.m. • Come celebrate our 30th year at this all-inclusive event with drumming, rituals, hundreds of workshops, vending and art area, psychic readers, a masquerade ball, children's and teen program, and more. We offer classes on mystical and esoteric traditions for beginner to advanced during this 4-day event at the Ypsilanti Eagle Crest Hotel, 4007 Carpenter Rd, #383, Ypsilanti, MI 48197. $125. For more information visit ConVocation.org.

Peace

Peace Generator with Craig Harvey • Friday, February 21, March 21 & April 18 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace in ourselves and across the globe. Drop in at any time during this event. Donations gratefully accepted. For more information contact peacegenerator2001@gmail.com.

Personal Growth

Lunch & Learn with the Weber Center • Wednesday, February 12, March 14 & April 9 • 12:15 to 1:00 p.m. • Topics are as follows: February 12: Technology Update. March 14th Oh, My Aching Back! April 9: Spice Up Your Cooking! Bring your own lunch, drinks & dessert are provided. FREE, or $7 with the purchase of lunch from the center. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reiki

Reiki Share for Reiki Practitioners and Non-Practitioners with Verapose Yoga & Meditation House • Sunday, February 2, March 2 & April 6 • 4 to 5:15 p.m. • A Reiki share is a gathering where people can give and receive Reiki treatments in a group setting. No experience or attunement necessary; this is open to all and is a relaxed, casual atmosphere to share and create connection. $20. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Mindful Explorations at Crazy Wisdom: Suzy Wienckowski on Reiki • Thursday, March 13 • 7 to 8:30 p.m. • Suzy Wienckowski, Reiki Master, will speak on the Usui System of Reiki Healing. It is a gentle, hands-on healing art that promotes balance of the whole person and facilitates healing of the body/mind/spirit. You will have an opportunity to experience Reiki and learn the benefits of a self-practice. FREE. For more information contact Suzy at suzyreiki@aol.com or email events@crazywisddom.net.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, March 22 from 10:00 a.m. to 4:30 p.m. & Sunday, March 23 from 10:00 a.m. to 1:00 p.m.• Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First

Resources for Conscious Living

Ruth Wilson
Intuitive Coach

Personal Training to Develop Your Inner Magic

248-990-1902
www.ruth-wilson.com

Book a Consult: https://go.oncehub.com/Ruth-Wilson

REIKI
THE USUI SYSTEM OF REIKI HEALING
For Body, Mind & Spirit
CLASSES & INDIVIDUAL TREATMENTS

Suzy Wienckowski, Reiki Master
Reiki Alliance Member
734.476.7958 SuzyReiki@aol.com

Julie Woodward

Wellness Coaching
Mindfulness Hikes
Yoga Classes

julie-woodward.com • julie@julie-woodward.com

Melisa Schuster, LMSW
psychotherapy for the childbearing years

- prenatal and postpartum depression
- traumatic birth
- childbearing losses
- parenting and child guidance

734-302-0033 • www.melisaschuster.com
500 Little Lake Drive, #300 • Ann Arbor, MI 48103

From Our Archives

Finding My Voice

By Laurel Decker Hogge

I'm over a mile into my morning jog… the distance it takes for my body to stop complaining and just let the endorphins do the work. Pink is turned up all the way in my headphones, and my feet are locked in with the beat. I'm in the best mood. So I'm not even annoyed as I near a crosswalk and slow down just in case I have to wait for oncoming traffic.

A car approaches, and I hear a short honk. Interpreting it as a warning that they intend to keep moving, I completely stop to show that I'm not going to run in front of their car. They give another little honk, and I realize it's a friendly nudge telling me to go ahead and cross. They stop. I wave a quick "thank you" and resume with Pink and endorphins.

I'm a few strides away from the crosswalk when I hear another horn. This one is louder and held longer, and it's coming from the big black truck that had to stop behind the driver who kindly waited for me to cross. The guy driving the truck was not in the mood for all of this small town politeness.

I had just done something I would have never imagined doing two years ago. I just spoke up for myself.

Feeling a bit stunned by the noise, I try to figure out if he was angry at me for crossing, or angry at the person who stopped in front of him to allow me to cross. As the truck's engine revs to pick up speed, I turn my body fully toward the angry man, spread my arms out dramatically, and yell, "REALLY?! IT'S A CROSSWALK!!!" He keeps driving. I go back to jogging. But now I am very annoyed because that dude just killed the blissful high I built up in my first mile. But then I feel a new rush building inside me.

I had just done something I would have never imagined doing two years ago. I just spoke up for myself. No—I yelled up for myself—at a big man who was angry that I inconvenienced him. Without any fear whatsoever, I had turned my 5'5" body straight toward him and exclaimed that I had a right to be on that crosswalk and a right to make him wait for me.

As my feet find a cadence with the beat once again, I think about the past two years. Two years of transition out of a fundamental religion that had formed the core of my identity for 38 years. Growing up in a community established by my Mormon pioneer ancestors, I proudly believed my life's purpose was to be worthy of eternal approval from God. And to earn that approval, I needed to follow the direction of men appointed to speak for Him as prophets and leaders. I felt privileged to have such specific instruction on how to be a righteous young woman, knowing it would prepare me to marry a righteous young man in a Mormon temple.

Everything went as planned, and I met him at Brigham Young University. In a temple marriage ceremony, my husband was given the responsibility of keeping me on the path to eternal salvation. Together we observed the counsel to have as many children as possible, and the first of our four kids was a honeymoon baby. Throughout our marriage, we continued attending multiple weekly church meetings, following guidelines on how to dress, paying tithing, avoiding swear words, and never drinking alcohol or coffee.

The first time I went to a yoga studio was during the darkest part of my journey away from that identity, and I had felt like a stranger to myself.

I still find it hard to explain why I allowed myself to examine my deeply-rooted beliefs. It's even more difficult to explain the complete collapse of my sense of identity once I realized I could no longer hold those beliefs. As I tried to embrace new freedoms and release familiar habits, I felt like a stranger to myself. It was during the darkest time in my faith transition that I first walked into a yoga studio.

My eyes followed the canvas-white walls from one pretty decorative accent to another, finally landing on a shelf of rolled white towels with a cheerfully framed message urging everyone to "Please kindly take one f#*$%ing towel." I blushed out of pious reflex as I took one f#*$%ing towel and turned toward the yoga room door. Pulling my mat closer to my chest, I tried to politely push through the crowd of strangers blocking the entrance to where I would find dark and quiet safety. I tried not to seem out of place as women all around me chattered, hugged, and excitedly greeted each other. I kept encouraging myself not to turn around and leave, and told myself that just past that door I could roll out my mat and be alone.

My first response was to be annoyed by her and all of these noisy, affectionate, happy women.

I did all of these things not only because I needed the physical momentum to keep from succumbing to depression, but because I was determined to make sense of the chaos inside me.

I was making slow progress toward the door when I found out what was holding everyone up. Right at the entrance was a woman laughing hysterically and hugging people. Her energy was massive. It was loud. My first response was to be annoyed by her and all of these noisy, affectionate, happy women. My reaction was confusing, but at that time I felt like nothing made sense.

In the following months I went to many excruciating therapy sessions with a woman who guided my healing process without judgment. I spent a lot of time in nature, learning a new foundation for personal spirituality. I attended yoga religiously. I did all of these things not only because I needed the physical momentum to keep from giving in to depression, but because I was determined to make sense of the chaos inside me. To fix the broken, to turn and face my fears directly so I could release them, and to move forward into spaces where I knew I belonged.

Through my own healing process, I bonded with other women bravely doing their own soul work. I came to understand my first experience in the studio when I felt an aversion to the energy of the women around me and wanted to be in my own silent space. Emotional pain is hard to articulate, and I felt I couldn't possibly be understood. But over time, as I vocalize my experiences, I rediscover lost pieces of myself. It was in a therapy session that I casually explained that I had taken an oath when I was 21 years old to "avoid all light-mindedness and loud laughter." I never

considered Mormonism strict or difficult to live, but my high school friends and college roommates would tell you if there was ever loud laughter happening, I was usually involved.

Over time I was able to stifle my sense of humor just enough to keep from feeling guilty for not observing that oath. In my transition away from my religion, I enrolled in yoga teacher training with hopes of rebuilding my personal spirituality. It was lead by the same woman who proudly displayed a sign with the F-word in her studio, and who kept me waiting to enter the door that first day in her class. I had no idea that her dynamic, and sometimes inappropriate, energy was exactly what I needed to release that guilt. Today, hearing myself laugh hysterically with family and friends is just one reason I am grateful to be on this complex journey back to myself.

I'm nearing the parking lot, so I slow to a stop and begin recovery stretches. I love the way my breathing and pulse settle into a calm rhythm after a demanding workout. I inhale and clasp my hands behind my back, exhale, and fold forward. I allow my body to soften into this pose… heart open and head bowed… a lovely image of pride and humility. I am proud of my own courage to get to this point, and I am humbled by the women who helped to amplify my voice. I feel like a lioness who has just shown herself as a fearless monarch and is now resting contently among her pride. I smile to myself and recall that Leo is my astrology sign, and suddenly I'm curious about this animal.

I inhale and clasp my hands behind my back, exhale, and fold forward. I allow my body to soften into this pose... chest expanding and head bowed... a lovely balance of pride and humility.

I get into my car and do an internet search on "Why do lions roar?"…

Lions roar to tell other lions where they are… When lions greet each other and play together, they make lots of silly noises—like hums and puffs—to show they are happy. (lionalert.com)

Makes perfect sense to me. I exhale a peaceful hum and start my car to drive home.

Laurel Decker Hogge is a yoga instructor, artist, and wellness guide in Brighton. Laurel is passionate about helping others connect with their own intuition to live with focus and purpose. You can find out more at laurel.wellnessguide@gmail.com.

COME DISCOVER & EXPLORE!

ANN ARBOR HANDS-ON MUSEUM

- Open six days a week
- 10am-5pm
- Memberships Available

Ann Arbor HANDS-ON Museum

Access For All
$3 admission for (EBT/WIC card holders)

TOGETHER WE PROVIDE MOMENTS OF DISCOVERY FOR EVERYONE IN OUR COMMUNITY!

www.discoverscienceandnature.org

LESLIE SCIENCE & NATURE CENTER

Rentals, Summer Camp, Preschool, Birthdays, Critter House, Family Programming and more!

Leslie Science & Nature Center

**Our trails, Raptor enclosures and Nature Playscape are always free & open sun up to sun down.*

BE WELL

Mini-Mindfulness Retreats for Educators & School Personnel

- Learn strategies to de-stress and gain skills in self-care
- Perfect for your next staff development
- Be Well Retreats are grant supported and free of charge

The Michigan Collaborative for Mindfulness in Education
Email us: info@mc4me.org

Mindfulness techniques help both students and teachers handle stress

THE CRAZY WISDOM CALENDAR

Degree is a prerequisite. $500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, April 5 from 10:00 a.m. to 5:00 p.m. & Sunday, April 6 from 10:00 a.m. to 1:00 p.m.• Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

Beginner's Zen Retreat & Meditation Class with Ordained Dharma Teachers • Friday, OR March 21 & 22 • The viewpoint of Zen is that life's every moment is fully lived and contains purpose in itself, not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breathwork, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or prefer the overnight retreat, are also welcome. $160. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Inner Peace Retreat with Song of the Morning Community & Staff • Friday through Sunday, the weekends of February 7 through 9, OR Friday, March 21 through 23, OR April 11 through 13 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

One Day Meditation Retreat with Ordained Dharma Teachers • Saturday, February 22 & March 8 • 9:00 a.m. to 5:00 p.m. • This retreat includes sitting and walking meditation, simple manual work, vegetarian meals, and rest. It is an interval of deepening, of slowing down, silence, and mindfulness. Vegetarian lunch is included. $60. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 8 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking with a short talk. Find peace and calm in the quiet woods. Appropriate for all levels of meditators. Suggested Donation of $30-60; pay what you can. For more information contact the Michigan Friends Center at manager@mfcenter.org.

Four-Day Spring Retreat (Yongmaeng Jeongjin) with Haju Sunim • Wednesday, April 2 through Sunday, April 6 • This retreat is a silent, intensive period of Zen practice geared toward the experienced student. $240. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Holy Week Retreat with Patricia Harvat • Sunday, April 13 to Thursday, April 17 • "There's a time to live and a time to die. In between there's a time to remember." *Violeta* by Isabel Allende. Journey with Mary during these sacred days and experience the passion and death of Jesus through her eyes and heart. Single room is $425; double $325: commuter $180. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Building Resilience through Meditation: Spring Retreat with Khenpo Tshering Chophel • Friday, April 18 through Sunday, April 20 • Peace can only come from within, and this weekend will provide tools for maintaining your equilibrium and skillfully handling confusing emotions when the ocean of life tosses you off balance. This is a secular retreat taught by a Buddhist monk.! Attend part or all of the weekend, stay on- or offsite. $225 includes meals, optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, February 6, 20, March 6, 20, April 3 & 17• 7 to 8:30 p.m. • Join other shamanic practitioners to explore life cycles and energies. Pre-requisite: must know how to journey. Instruction is not provided in this circle. $25 per session, $40 per month. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Basic Shamanic Journeying with Judy Liu Ramsey • Saturday, February 1 & Sunday, February 2 • 7 to 9:00 p.m. • Shamanic journeying is an easy and powerful tool used to access spiritual information. The class introduces you to shamanism and easy techniques that will help you move safely and intentionally through the world in a balanced way. This class is prerequisite to more advanced shamanic studies, taught online via ZOOM. $160 per person, $80 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 4, 11, 18, 25, March 4 & 11 • 7 to 9:00 p.m. • Learn the difference between telepathic and shamanic animal communication; learn how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via ZOOM. $300, $150 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, March 15 • 9:00 a.m. to 4:00 p.m. • Learn techniques for creating sacred space, and why energy hygiene is critical in shamanic work. The class will be taught online via ZOOM. $90. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Medicine For the Earth with Judy Liu Ramsey • Wednesday, April 2, 9, 16, 23, 30, May 7 & 14 • 7 to 9:00 p.m. • Transform the energy behind toxic thoughts for balance in yourself and harmony in your world. Connect with nature, spirit allies, and the elements to transform and heal yourself, the community, and environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. All traditions welcome. Journeying skills not required. Class is online via ZOOM. $400, $200 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Spiritual Development

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, and John Orr • Tuesday, February 4,18, March 4,18, April 1, 22, May 6 & 20 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring a question together. What is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $180-$630. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone & Spirit Friends • Saturday, March15 & April 26 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. We will consider how we can learn to understand and collaborate with others, bringing the gifts of the human to this inter-cosmos collective. Embrace the diversity and complexity of form and learn to co-create. Suggested donation: single workshop-$30-$110; all three workshops $90-$330. For more information contact the Deep Spring Center at Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Life's Interruptions: Frustrating Disturbances or Holy Gifts? With Janet Schaeffler • Saturday, February 22 • 9:30 a.m. to 3:30 p.m. • What is your life like? Do you ever feel as though it is more about interruptions than about what you have planned to do? Our time together will explore the question: How do we, as disciples of Jesus, as ministerial leaders, live in and with the interruptions of our lives? $45, includes lunch. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Diamond Gathering: Loving the Truth Part One with Lou Weir • Saturday, March 8 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

A Jesuit's Guide to the Stars with Brother Guy Consolmango • Thursday, March 13 • 1:30 to 4:00 p.m. • Jesuit spirituality is centered on finding God in all things. What better represents "all things" than the universe itself? Indeed, Jesuits have figured prominently in the history of astronomy, engaging both the mind and the heart. Registration required, live stream available. $35. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Diamond Gathering: Loving the Truth Part Two with Lou Weir • Saturday, April 5 • 9 to 11:30 a.m. • This teaching is open to the public and accompanies part one. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Triple Crane Monastery is now

TRIPLE CRANE
RETREAT CENTER

Retreat and workshop space available. Call 248.931.5914 for details.

Donations gratefully accepted

Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
Office@TripleCraneRetreat.org | 248.931.5914

MEDIUMS & PSYCHICS • ENERGY HEALERS • INTUITION CLASSES • WORKSHOPS & GROUPS
CRYSTALS & STONES • SAGE • MONTHLY PSYCHIC FAIRS • RENT OUR ROOMS!

Enlightened Soul Center
& Shop for the holistic and intuitive arts

WALK-INS WELCOME
for Readings & Healings

Tuesday-Friday 12:00-7:00 pm
Saturday 12:00-6:00 pm
Psychic Fairs: Also open Sunday, 12:00-5:00 pm

www.enlightenedsoulcenter.com / 2711 Carpenter, Ann Arbor

Resources for Conscious Living

Eve Avrin, PhD
Licensed Clinical Psychologist

Integrative Psychotherapy

5340 Plymouth Rd.
Suite 209
Ann Arbor, MI 48105

(734) 546-9645
eavrin@comcast.net

Diamond Approach Michigan

A Journey from Ego to Being

Lou Weir, Diamond Approach Teacher
diamondworkmichigan@gmail.com
diamondworkmichigan.org

THE DIAMOND APPROACH

Simply Natural

Wellness & Business Support

For Sensitive, Creative People Who Want to Do Less & Enjoy More!

- **Conscious Marketing:** Non-Hustle/Community-Focused
- **Eco-Wellness:** Contemplative Nature Experiences
- **Professional Counseling:** Mental Health and Wellness

Dr.Monalise Chinn

Sign-Up For a Free Consult: Monalise.Art

Beth's Bodyworks

Craniosacral Therapy RCST
Deep Tissue Massage LMT

Continuing Lynda Diane Feldt's work Mama babies and all!
Referred by University of Michigan Doctors
For Free Consultations and Bookings call or text

734.707.3706

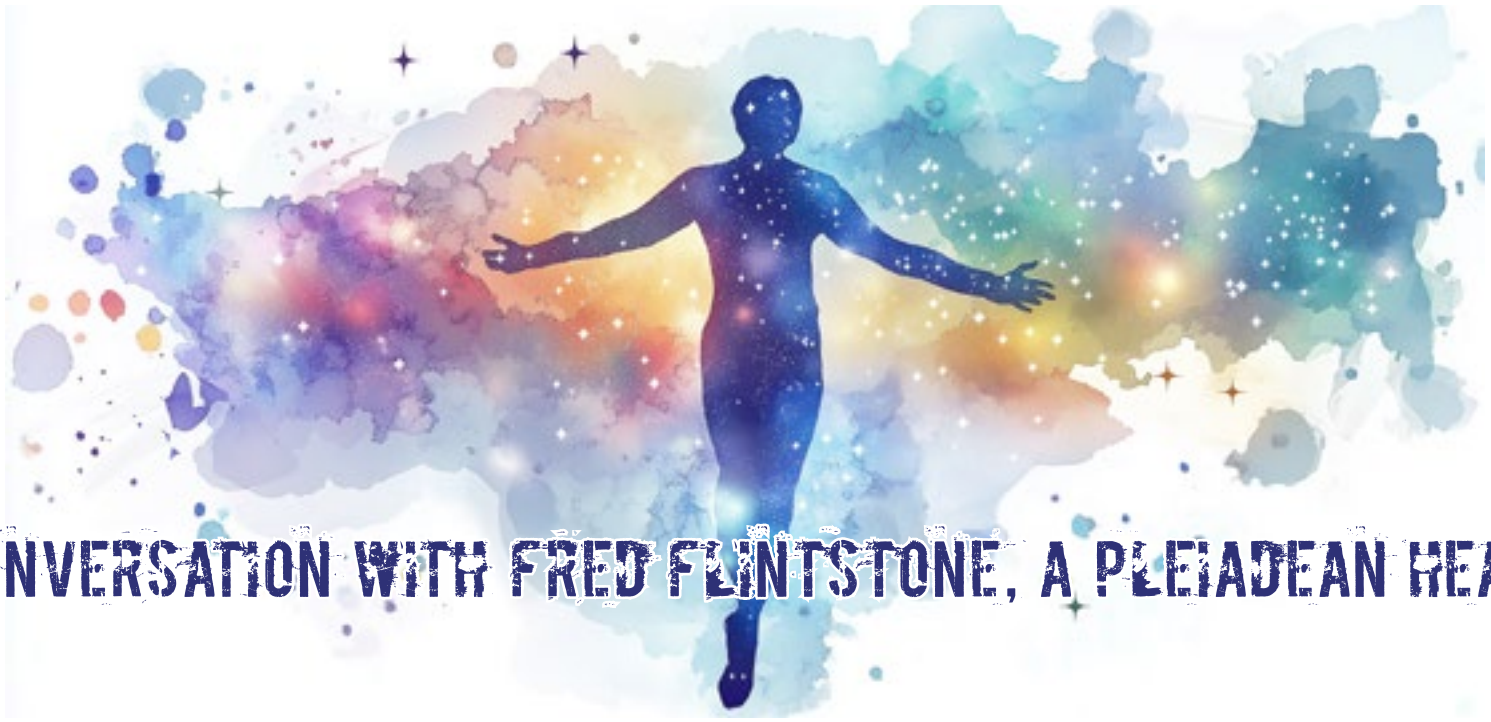
Bethsbodywork.com

For the past 20+ years, Davy Rothbart has been working on a very special film called 17 BLOCKS, which *The New York Times* called "one of the great documentaries of the 21st century." Now, after premiering at the Tribeca Film Festival in NYC and screenings in L.A., the film is coming home for the first time.

Tuesday, March 18th, 6:00 PM at the Michigan Theater is the Ann Arbor Premiere for the award-winning film 17 BLOCKS, which follows 20 years in the lives of a family in SE Washington, D.C. ("Boyhood meets Boyz N' The Hood" is how the press has described it.) The night, hosted by Lynette Clemetson of Wallace House, Cheryl Sanford and Akil "Smurf" Sanford, will be so special: SEVERAL of our document subjects are making the trip from D.C., we'll have an incredible musical performance prior to the film, and a special post-film reception later that night.

If you're interested in attending, please RSVP for our V.I.P. GUEST LIST.

https://www.youtube.com/watch?v=eP4OnL6mZW4



A CONVERSATION WITH FRED FLINTSTONE, A PLEIADEAN HEALER

By Peggy River Singer

On Monday, December 30, I was halfway through a physical therapy session when I felt the strong presence of an unseen being in the corner of the room. I perceived that it was tall, humanoid, and benevolent. Thinking that it was most likely an angel, I decided not to say anything in order to avoid interrupting the flow of my therapist's work on the right side of my body. But soon I felt a second set of hands working on my left leg and foot, kneading and stretching the muscles. Although the hands were not warm like a human's, they felt completely solid and "real."

My therapist is very open-minded, and she knows I'm a psychic, so I told her what I was perceiving. She thought for a moment and said "Great!," and the session continued.

I asked our guest for a name, and heard "Fred." Then "Flintstone" was added, which made me and my therapist both smile. Clearly, this being had spent some time around humans, enough to offer a familiar and nonthreatening reference point. At the end of the session, we thanked Fred and asked if he intended to continue to help out with other patients, and he said Yes. As soon as I had a chance, I sat down for a proper conversation with Fred.

NOTE: The Pleiades are a star cluster in the constellation Taurus that's also known as the Seven Sisters and Messier 45.

Peggy: Will you tell us something about yourself, Fred?

Fred: Gladly. I am Pleiadean, one of many who have been assigned to this world to assist the human race. I have an interest in healing methods, and the unique energy work utilized at the place you attend attracted my attention. I've actually been there for quite some time, but you are the first human I have connected with.

Peggy: Did you decide to reveal yourself to me because I'm a Pleiadean Starseed? ("A Conversation with the Guiding Intelligence of Starseeds" is posted at angelsfairiesandlife.wordpress.com.)

Fred: Yes, but I wanted to be sure that my presence would not be frightening, you see. I did not assume that you would welcome an alien contact, so I approached carefully and thoughtfully.

Peggy: Are any of the practitioners at the therapy business also Starseeds?

Fred: All of them are, though they do not consciously know that. That's why I have not made any attempt to connect with them so far.

Peggy: That accounts for the bright, elevated energies of that establishment. How long have you personally been here on Earth?

Fred: Since it was first formed. My people's involvement with human history begins long before the first whispers of life.

Peggy: Will you please explain what you mean by "involvement"? Are you directing the evolution of the human race in some way?

Fred: Directing, no. Guiding, yes. We are in constant conference with Creator as we do our work. And since we work with all available timelines at the same time – linear time does not exist for us – I'm sure you can appreciate the complexity of the task. We do not see this complexity and level of responsibility for so many lives and lifetimes as a burden, in any way. It is natural to us.

Peggy: In what way does the work done by Pleiadeans differ from the work done by the beings we call angels?

Fred: Angels are pure spirit with an extremely high level of sacred energy, since they were derived from your Creator God. I have met many angels in my time, and we have had some very stimulating and refreshing conversations. They are responsible for human souls. We Pleiadeans are physical beings who have a much broader range of work to be done in order to guide humanity to its greatest and highest expression. With that said, there are some areas of overlapping responsibilities.

Peggy: If angels and Pleiadeans have both been involved with human development for such a long time, why have there been so many wars and disasters in our history?

Angel Boro: Each human soul has made choices about what it wishes to experience in each lifetime. Because we angels are guides, we are not allowed to directly take action about those choices unless an individual asks us to do so. However, we ARE allowed to whisper suggestions in each decision-making situation (and there might be millions of these decisions in each lifetime).

Fred: We work more with the surrounding events, the Big Picture as you might call it. We weave together all the timelines and the events they contain so that each human is presented with possibilities appropriate to his or her personal development.

Peggy: Will this project – every human achieving their greatest and highest expression — ever reach completion?

Fred: Yes, but not for a very long time; and that is intentional on our part (both Pleiadeans and angels). Humans as a species ARE gradually purifying and raising the level of their individual spiritual energies. This process will require many more lifetimes for those who are responsible for wars and other negative and harmful choices. There is no "fast track" to this process.

Peggy: Some people who have had encounters with Pleiadeans have made drawings of your people that show you resembling humans.

Fred: That is one possibility. To avoid fears and traumas for those who see us, we routinely choose human-ish forms, as I did when you and I met. Our natural shape and energy is so different from a human's that your brain would have difficulty processing it, and we wish to avoid harm.

Peggy: Do the Pleiadeans work with animals or plants or nature spirits at all?

Fred: No, our assignment is specifically human development. Naturally, we are aware of the native nonhuman beings as being part of the Big Picture we talked about earlier. Our relationship is courteous when we meet.

Peggy: Can you give me some examples of how you've been guiding my own development all these years?

Fred: I regret that this is not permitted.

Peggy: Is there anything else you'd like to add today?

Fred: I would encourage those who read this to maintain an open mind about possibilities in all aspects of their lives. And write down notes about your dreams; much can be accomplished during Dream Time.

Peggy River Singer is a Pleiadian Starseed, Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.

Diamond Gathering: Practicing Presence with Lou Weir • Saturday, May 3 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the meditation and practicing presence, a simple but powerful tool for personal understanding. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Sustainable Living Skills

Candle-making & Cob Crafts with Deanne Bednar • Saturday, February 15 • 10:00 a.m. to 5:00 p.m. • Enjoy a day of creating with wax and earth, dipping candles, sculpting with cob in the sweet surrounding of the Strawbale Studio land. Bring a friend and relax into the process. Held in the main house on 50 wooded acres. Check out the Strawbale Studio while you are here. $60, includes materials. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, February 23 • 10:00 a.m. to Noon • See the enchanting buildings and grounds, earth oven, living and thatched roofs, sculptural plaster, and strawbale walls. Ask questions! Learn about upcoming tours & classes in sustainable living skills held throughout the year. $20. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

Tai Chi, Martial Arts, and Self Defense

Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays & Saturdays • 4 to 5:00 p.m. • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • February 2, 9, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 3 to 4:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Qigong with Rory Walsh • Saturday, February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5 & 12 • 10 to 11:15 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 Drop-in or $150 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Work and Right Livelihood

Finances for Families with Jesse Geary & Maria Princen • Saturday, February 8 • 11:00 a.m. to Noon • For parents planning their financial futures, sometimes a Google search just won't do. Join this community workshop on the tough topics like saving for kids' college, trying to retire, and reaching your mission and dreams. FREE. For more information contact Maria Princen at (734) 646 0069, emailcontact@geddicapital.com or visit geddicapital.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Writers Workshop: Wednesday, February 12, March 12 & April 8 • Readings: February 26, March 26 & April 23 • 7 to 9:00 p.m. • Workshop writers present and discuss their poems and fiction. Featured readers perform; open mic follows. Featured readers: Ron Koertge, poet, won two PEN Awards (Feb. 26); Leslie Schultz, author of *Geranium Lake* (March 26); Shonda Buchanan, poet & author of memoir *Black Indian* (4/23). FREE. For more information contact Edward at (734) 668-7523, email eacmorso@gmail.com or visit cwcircle.poetry.blog.

Trees Get Along in a Forest: A Hybrid Writing Workshop with Tarianne DeYonker • Saturday, February 22 • 1 to 4:00 p.m. • For eons nature has been teaching about relationships–yes, relationships! In this workshop we'll explore possibilities as we pay attention and open ourselves to learning from her. You're invited to take this time for writing with others, reading what we have written, and learning the strengths that naturally show through our words. $35. For more information contact the Weber Center (at 517)266-4000 or visit webercenter.org.

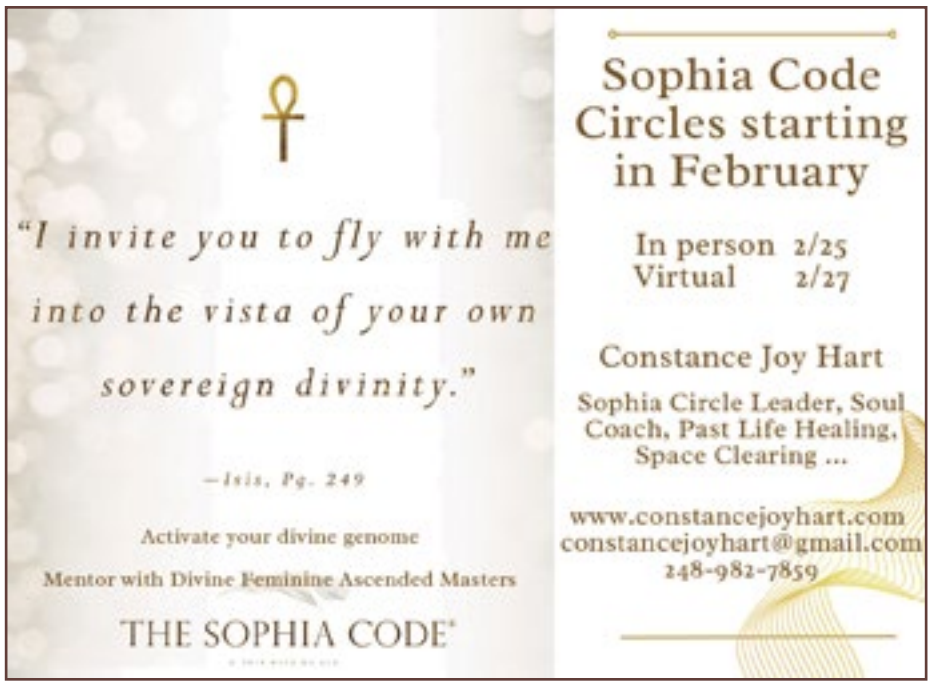
Writers Wanted

Great way to be visible in the community, and connected.

We are always looking for good articles about the holistic scene…
reportage, personal journaling and essays, profiles, interviews, journalistic explorations,and other feature writing.

Modest but respectable pay. If you might be interested, please send a letter of interest and links or PDF samples of previously published writing to jennifer@crazywisdom.net.

dellAureo
WELLNESS
discover whole self integration
Life Coaching + Bodywork
Lisa Patrell
Discovery Calls are gratis
734-274-6737
dellAureowellness.com


"I invite you to fly with me into the vista of your own sovereign divinity."
—Isis, Pg. 249
Activate your divine genome
Mentor with Divine Feminine Ascended Masters
THE SOPHIA CODE
Sophia Code Circles starting in February
In person 2/25
Virtual 2/27
Constance Joy Hart
Sophia Circle Leader, Soul Coach, Past Life Healing, Space Clearing ...
www.constancejoyhart.com
constancejoyhart@gmail.com
248-982-7859

A flower doesn't compete with the flower next to it. It just blooms.
Yoga with Cats.
Want to be better? Practice yoga with kittens, and you'll be helping yourself and them. Low per-class fee goes into helping the homeless animals of the community, and you'll leave feeling better from mind to body.
tiny lions
LOUNGE & ADOPTION CENTER
5245 Jackson Road • Ann Arbor
tinylions.org/yoga
734.661.3530

Resources for Conscious Living

K9T
Learn How to Have More Fun with Your Dog!
20% off your first Puppy or Basic Dog class Through December 2024. Code CWJ24
Positive Reinforcement-Based
Puppy and Adult Dog Classes
Whitmore Lake, MI
Professional Instructors
Puppy • Life Skills • Scent • Agility • Tricks
Rally-FrEe • Distracted & Reactive Dogs
Freestyle • Cooperative Care
K9Translations.com • info@k9translations.com
(248)496-3582

Kathrina Robb
Astrologer
(734)250-3108 KathrinaRobb@gmail.com
Get a chart reading, have your questions answered, learn more about the energy your challenges and strengths manifest in your life

OAKWELL ASTROLOGY
CRACK THE COSMIC CODE
Readings now available!
Book at oakwellastrology.com

bank of ann arbor helps
Member FDIC

THE CRAZY WISDOM CALENDAR

Yoga

Hatha Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and breathwork. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Hatha Yoga with Sam Liebermann • Thursday, March 6, 13, 20, 27, April 3, 10, 17 & 24 • 9:15 to 10:15 a.m. • On-site only. Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session. First visit is free! Cash or Venmo at door. Bring your own mats. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, March 1 & May 5 • 8 to 8:45 a.m. • We'll be playing games, trying out some yoga poses, read a yoga-related book and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 per class. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Monthly Moon Flow & Gathering with Courtney Fitzpatrick • Friday, F March 14 & April 12 • 6:30 to 8:30 p.m. • Join us for this special offering to celebrate the full moon, which blends gentle yoga and movement, storytelling, as well as ample time for sharing/connecting and contemplation. $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Yoga Workshop: Balance is Not Just in the Legs with Joseph Leary • Saturday, April 12 • 1:30 to 2:30 p.m. • We all want balance, and as we move into spring, we can take lessons from yoga into life. This workshop is about finding balance in both standing and non-standing poses, in our bodies and minds. Some inversions may be taught with support, such as headstand if it is more comfortable. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Yoga Workshop: Mudras (Hand Poses) with Joseph Leary • Saturday, May 17 • 1:30 to 2:30 p.m. • Mudras are hand poses, each utilized for a unique intention. They can be used during yoga asanas, or more commonly, during meditation practice. This helps to set the intention of your practice as well as create energy connections through the hands and arms. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Bringing the Best of East and West to Your Home

FOUR PAWS
Veterinary Wellness

Monica Turenne, DVM, CVA, CT, CHPV

Now offering in-person and telemedicine
for both holistic and hospice/palliative care patients.
Please call for more information!

Dr. Monica is certified in palliative and hospice care for pets!
She is passionate about helping pets
and their families through this incredibly important journey.

- In-home Euthanasia
- Hospice and Palliative Care
- End of Life consultations
- Natural Death
- Holistic Services
- Ozone Therapy
- Chinese Herbology
- Food Therapy
- Homeopathy
- Acupuncture for Dogs & Cats
- Wellness Examinations
- Vaccination Guidance & Administration

FourPawsVetWellness.com

(734) 385-7161

Rudolf Steiner High School
of Ann Arbor

Now Enrolling!

Empowering Our Students by Developing Creativity, Confidence, and Cultivating Purpose!

- Rigorous Academics
- Art, Music & World Language Everyday
- Opportunity to Participate in a Wide Range of Subjects & Sports
- Extensive National & International Class trips
- Intentional & Mindful Technology

Experience The Waldorf Difference
Book Your Personalized Tour Today!

Now Hiring: Ad Sales Associate

Crazy Wisdom Community Journal is looking for an Ad Sales Associate. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important. $25 per hour base pay, plus solid commission fees above a certain level of ad revenue. **Room to grow the base pay** (and the commisions).

Click here for more information.

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

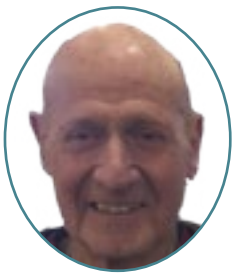
Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers



March 26 - Jeff Duncan has written a memoir about growing up in Tulsa, three books of poetry, and numerous plays for kids as Playwright-in-Residence at Wild Swan Theater, and for adults at Performance Network. While teaching literature and writing for four decades at EMU, he wrote a book on Emerson and essays on Transcendentalists.

April 23 - Shonda Buchanan is author of the memoir, ***Black Indian,*** and of forthcoming books: ***The Lost Songs of Nina Simone*** and ***Children of the Mixed Blood Trail***. She is a California Arts Council Established Artist Fellow, a PEN Emerging Voices Fellow, and Oxfam Ambassador. She teaches English at Western Michigan University. shondabuchanan.com

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Stay Informed! **SUBSCRIBE TO OUR NEWSLETTERS**

Receive our Weekly E-newsletter which features information about new books, audio books, tarot, and more!

Get emails when the latest issues of the CW Biweekly magazine and The Crazy Wisdom Community Journal are available.

Name

Email Address

scan QR code

to subscribe: scan the QR code, click here, or visit crazywisdom.net

You will also receive occasional emails, through us, from organizations, centers, and groups that sponsor the kinds of events, classes, and programs that you care about.

We will never sell or share your information!

CRAZY WISDOM

Friday Live Music

March

7th — Songwriter Night
Joe Jarvis & Dale Osborn

14th — No Sin In Eden opens for
John Finan

21st — Beverly Meyer

28th — John Finan opens for
Bob Sky Young

7:30 - 9:30pm

114 S Main St. Ann Arbor

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

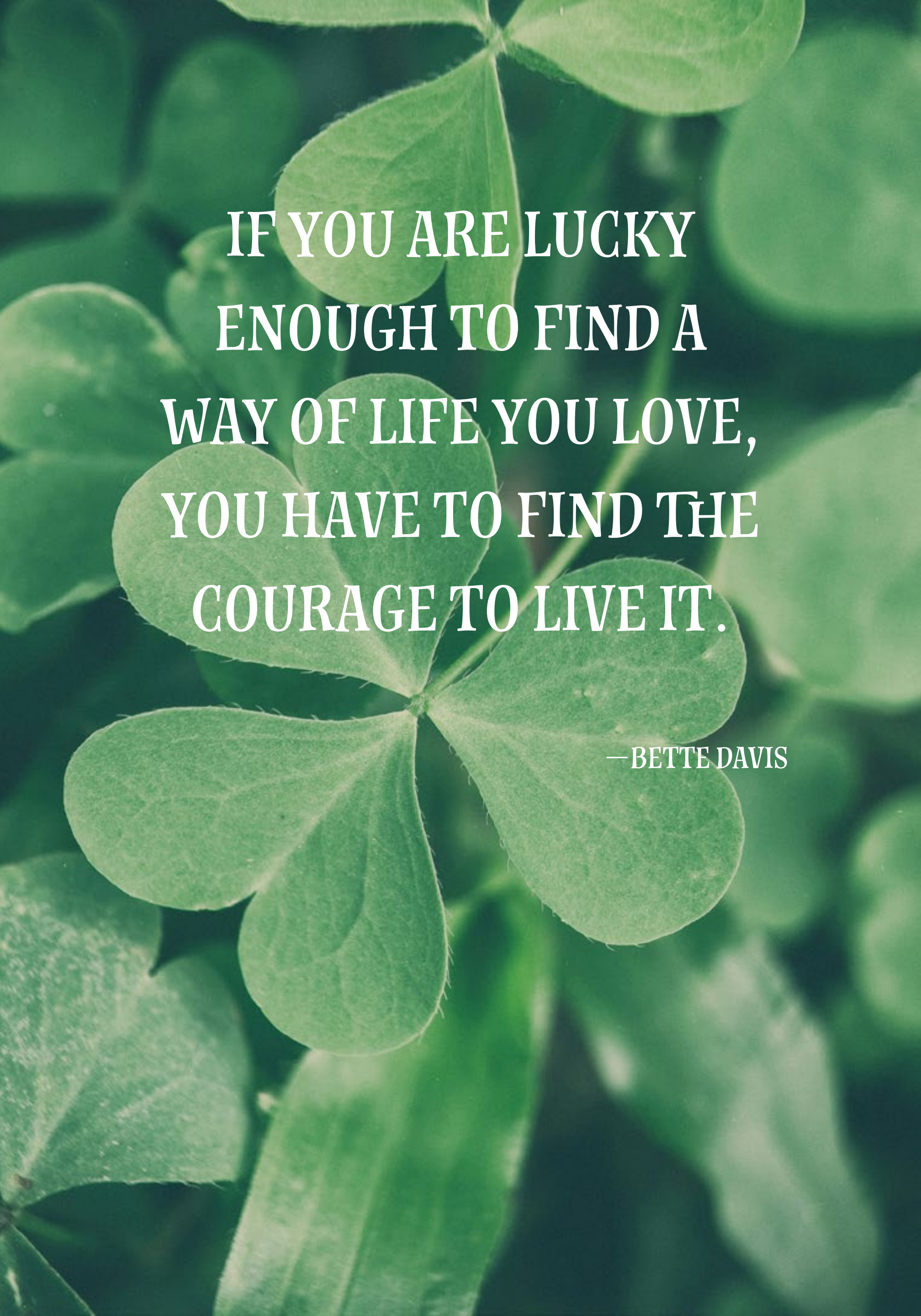
Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!


IF YOU ARE LUCKY
ENOUGH TO FIND A
WAY OF LIFE YOU LOVE,
YOU HAVE TO FIND THE
COURAGE TO LIVE IT.
—BETTE DAVIS